

# Cheddar-Filled Beef Roll

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Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio

## Servings: 4

1 1/2 pounds lean ground beef  
1/4 cup dry bread crumbs  
2 tablespoons barbecue sauce  
1 egg  
1/2 teaspoon salt  
1 cup (4 ounces) Cheddar cheese, shredded  
1/4 cup dry breadcrumbs  
1/4 cup green pepper, chopped  
2 tablespoons water

In a bowl, combine the meat, 1/4 cup of breadcrumbs, barbecue sauce, egg and salt. Mix well. Pat the meat mixture into a 14x8-inch rectangle on foil or waxed paper.

In a bowl, combine the Cheddar cheese, 1/4 cup of breadcrumbs, green pepper and water. Pat the cheese mixture over the meat. Roll up the meat like a jellyroll. Cover and chill for several hours.

Preheat the oven to 350 degrees.

Place the beef roll in a shallow pan. Bake for 25 to 30 minutes.

Slice and serve.

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Per Serving (excluding unknown items): 644 Calories; 47g Fat (66.7% calories from fat); 41g Protein; 12g Carbohydrate; 1g Dietary Fiber; 210mg Cholesterol; 758mg Sodium. Exchanges: 1/2 Grain(Starch); 5 1/2 Lean Meat; 0 Vegetable; 6 Fat; 0 Other Carbohydrates.

Beef

## Per Serving Nutritional Analysis

Calories (kcal):	644	Vitamin B6 (mg):	.5mg
% Calories from Fat:	66.7%	Vitamin B12 (mcg):	4.4mcg
% Calories from Carbohydrates:	7.5%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	25.8%	Riboflavin B2 (mg):	.6mg
Total Fat (g):	47g	Folacin (mcg):	31mcg
Saturated Fat (g):	21g	Niacin (mg):	9mg
Monounsaturated Fat (g):	19g	Caffeine (mg):	0mg

**Polyunsaturated Fat (g):** 2g  
**Cholesterol (mg):** 210mg  
**Carbohydrate (g):** 12g  
**Dietary Fiber (g):** 1g  
**Protein (g):** 41g  
**Sodium (mg):** 758mg  
**Potassium (mg):** 549mg  
**Calcium (mg):** 259mg  
**Iron (mg):** 4mg  
**Zinc (mg):** 8mg  
**Vitamin C (mg):** 9mg  
**Vitamin A (i.u.):** 488IU  
**Vitamin A (r.e.):** 120 1/2RE

**Alcohol (kcal):** 0  
**% Refuse:** n n%

### Food Exchanges

**Grain (Starch):** 1/2  
**Lean Meat:** 5 1/2  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 6  
**Other Carbohydrates:** 0

### Nutrition Facts

Servings per Recipe: 4

#### Amount Per Serving

**Calories** 644                      **Calories from Fat:** 429

#### % Daily Values\*

<b>Total Fat</b> 47g	72%
Saturated Fat 21g	103%
<b>Cholesterol</b> 210mg	70%
<b>Sodium</b> 758mg	32%
<b>Total Carbohydrates</b> 12g	4%
Dietary Fiber 1g	2%
<b>Protein</b> 41g	
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<b>Vitamin A</b>	10%
<b>Vitamin C</b>	15%
<b>Calcium</b>	26%
<b>Iron</b>	24%

\* Percent Daily Values are based on a 2000 calorie diet.